

## WOMENS SUPERIOR<sup>®</sup>



» 120 CAPSULES | 0300195.120

### MULTIVITAMIN TO SUPPORT HEALTHY HORMONE BALANCE\*

#### BENEFITS SKIN, HAIR, & NAIL HEALTH\* 53 NUTRIENTS

» **Women's Superior<sup>®</sup>** A complete and potent multivitamin specifically designed for women to include those nutrients most vital to women's unique needs.\* Includes enzymes to help nutrient absorption.\*

✓ **Women's Superior<sup>®</sup>** is the only woman's high potency, full spectrum multiple vitamin mineral supplement to contain 53 nutrients including those most important for women's health, such as calcium (for bone health), iron (for healthy red blood cells), beta-carotene, biotin (for nail and hair health), gamma linolenic acid from evening primrose oil, octacosanol, grape seed extract and vegetarian digestive enzymes.\*

✓ **Calcium:** Research indicates that 80% of all American women are deficient in calcium. **Women's Superior<sup>®</sup>** contains 100% of the RDA for Calcium.

✓ **Beta carotene:** The FDA has made the following recommendation: "Women of childbearing age are advised to choose fortified foods that contain Vitamin A in the form of beta-carotene rather than preformed Vitamin A, whenever possible." **Women's Superior<sup>®</sup>** follows that recommendation by providing 15,000 IU of beta-carotene per total recommended serving.\*

✓ **L-Cysteine, L-Glutamine and DL-Methionine** are amino acids that are necessary for increased mental energy. They are in the pure crystalline form for immediate assimilation by the body.\*

✓ **Gamma Linolenic Acid** is an essential fatty acid that is necessary for the production of hormone-like substances in the body known as prostaglandins, in particular prostaglandins from the E1 Series or PGE1. Aging, stress, PMS and obesity have all been associated with low levels of PGE1 in the body.\*

✓ **Octacosanol** supports proper endurance, stamina and strength.\*

✓ **Grape Seed Extract** naturally contains a group of water-soluble bioflavonoids known as proanthocyanidins (PCOs). Grape Seed Extract is guaranteed to yield 95% PCOs.\* PCOs are potent free radical neutralizers and have also been shown to strengthen capillaries.\* Bruising, varicose veins and abnormal menstrual bleeding are associated with weak capillaries.\*

✓ **Vegetarian Digestive Enzymes:** Enzopharm<sup>®</sup> Plus is a proprietary blend of vegetarian digestive enzymes that aid the body in properly digesting and absorbing food nutrients.\*

#### Supplement Facts

##### Serving Size: 2 Tablets

##### Amount per Serving

	% Daily Value
Vitamin A (100% Beta Carotene) 7,500 IU	150%
Vitamin C (as Ascorbic acid and Ca Ascorbate) 500 mg	833%
Vitamin D3 (as Cholecalciferol) 200 IU	50%
Vitamin E (as d-alpha Tocopheryl Succinate) 200 IU	667%
Vitamin K1 (Phytonadione) 2.5 mcg	3%
Thiamin 35 mg	2333%
Riboflavin 35 mg	2059%
Niacin (as Niacinamide & Niacin) 35 mg	175%
Vitamin B6 (as Pyridoxine HCl & Pyridoxal 5-Phosphate) 35 mg	1750%
Folic Acid 250 mcg	63%
Vitamin B12 (as Methylcobalamin) 35 mcg	583%
Biotin 300 mcg	100%
Pantothenic Acid (as Ca Pantothenate) 35 mg	350%
Calcium (as Ca Carbonate & Ca Citrate) 500 mg	50%
Iron (as Fe Aspartate, Fe Glycinate & Fe Fumarate) 9 mg	50%
Iodine (from Kelp) 35 mcg	23%
Magnesium (as Mg Carbonate) 180 mg	45%
Zinc (as Zn Gluconate) 10 mg	67%

Selenium (as Se AAC & Selenomethionine) 25 mcg	36%
Copper (as Cu AAC) 0.025 mg	1%
Manganese (as Mn Gluconate) 2.5 mg	125%
Chromium (as Cr polynicotinate)† 25 mcg	21%
Molybdenum (as Mo AAC) 25 mcg	33%
Potassium (as K Citrate) 25 mg	1%
Boron (as B AAC) 0.5 mg	*
Nickel (as Ni Sulfate) 0.25 mcg	*
Silicon (from Horsetail Rush) 3 mg	*
Vanadium (as Vanadyl Sulfate) 10 mcg	*
Choline (as Choline Citrate & Bitartrate) 35 mg	*
Inositol 35 mg	*
PABA (Para-aminobenzoic acid) 35 mg	*
L-Cysteine (Enteric Coated) 50 mg	*
L-Glutamine 50 mg	*
DL-Methionine (Enteric Coated) 50 mg	*
L-Aspartic Acid 75 mg	*
Octacosanol (from sugar cane) 500 mcg	*
Soy Lecithin 50 mg	*
Grape Seed Extract 10 mg	*
Gamma Linolenic Acid (from primrose oil) 5 mg	*
RNA (Ribonucleic Acid) 5 mg	*
Mixed Citrus Bioflavonoids 100 mg	*
Hesperidin 12.5 mg	*
Rutin 12.5 mg	*
Pectin 12.5 mg	*
Betaine Hydrochloride 10 mg	*
Bromelain 2 mg	*
Papain 2 mg	*
Cellulase Enzymes 2 mg	*
A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase 8 mg	*

\*Daily Value not established.

†ChromeMate<sup>®</sup> brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, calcium stearate, silicon dioxide, pharmaceutical glaze.

**Contains: Soy.**

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Suggested Use:** As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

**CHROME MATE<sup>®</sup>** ChromeMat ChromeMate<sup>®</sup> is a Registered Trademark of InterHealth N.I.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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